



In This Issue



David Edwards with some supporters at the Election Pub



Outgoing VP and Presidential candidate Tim Johnson with a supporter

CHECK THIS OUT...

Page 02—Report from the Board
Page 03—Editorial
Page 04—Ageism and Employment
Page 05—Dialog Appreciation Week
Page 07—Sports
Page 08—Entertainment
Page 09—Life Works
Page 10—Urban Legends
Page 12—Sister Fest

DWAYNE HINES WINS SA ELECTION

By Dawn Ewing

Your New Student Association President is...

Please join the Dialog Collective in congratulating George Brown College's (GBC) new Student Association President Elect, Dwayne Hines. The ample victory was won by over 200 points against candidates Tim Johnson and Jansen Ng.

"Thank you to each and every single George Brown student for electing me to take care of their needs, well-being, and business of their college...not mine...their college. I will not let any of y'all down!"

Dwayne is the second Jamaican-born President to be elected at George Brown following current president Kevin King. Dwayne is the Student Representative on the Board of Governors, as well as the President of MOSAIC. Dwayne would like to thank God, his mom, dad, teachers, boss Alex, and all the staff at the college. "Nuff love and Respect!"

Chris MacNeil will succeed Udana Muldoon as the VP of Education. Chris' three primary goals during his term are to have an event each month to celebrate the diversity of GBC students, to get students more involved in the fight for their rights, and to start a book program for those who can not afford them. Chris brings experience from being involved in the Grey Ribbon and Freeze the Fees campaigns, being a member of the Community Worker Club, as well as working at the Life Works Center.

Winning VP Ryerson/Nightingale, was Eun-Ah Maria Park. Eun-Ah Maria will be available to listen, understand, and collect the needs of her constituents. She will work hard to ensure that GBC students at the

new Ryerson campus have equal access and representation.

Deron Dawson defeated Lungile Ncube to become VP Casa Loma. Deron is no stranger to student council. As Casa Loma's first year representative, Deron was involved in planning events and activities for fellow students at his campus.

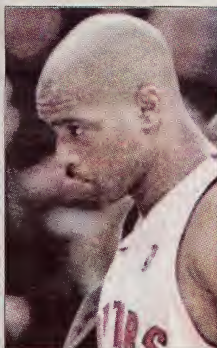
St. James campus is now represented by VP David Edwards. David defeated Hospitality student Mark Tokayer. David brings a wealth of knowledge from his Student Union Presidency at a past post-secondary institution. David has a firm grasp of the student movement and understands the needs of marginalized students. David hopes to encourage guaranteed information sharing between the Student Association and students. He is also working hard put more pressure on the government with the support of CFS to freeze tuition fees. David will also focus on creating a safe, equitable, and accessible environment for all students at GBC.

Lotoya Russell, elected as Campus Director for St. James campus will continue to keep herself available to students. She will not just listen, but do her best to ensure that their needs are met. Lotoya would like to be an advocate for the students, showing them that they can make a difference. She would also like to make sure that GBC is an enjoyable experience for everyone.

Also elected were Ji-Myoung Park as Nursing Representative, Simon Strelchik for Casa Loma Campus Director, and Bruce Kilpatrick as Student Representative for Board of Governors.

Congratulations to all the winners! Results are unofficial until approved by the Board of Directors.

Don't Forget



What happened Vince? Nancy Lim explores the failure of the Raptor's season. Page 7



New VP Chris McNeil with Presidential Candidate Jansen Ng

International Journalists Condemn CanWest/Global

(IFJ/IFEX)

IFJ Condemns Attack on Canadian Journalists: "Ugly and Intolerant" Vision of Modern Media

The International Federation of Journalists today accused the Canadian media company CanWest of corporate censorship and the victimisation of journalists who are trying to defend professional standards.

"The CanWest corporation is showing the ugly and intolerant face of modern media," said Aidan White, IFJ General Secretary. "While openly interfering in editorial content, it cruelly punishes those journalists who have the courage to protest."

CanWest has suspended journalists for talking to outside media and disciplined others for protesting over internal censorship. Journalists throughout the group—which includes newspapers and television outlets across Canada—have also been angered by the imposition of corporate editorialists that destroy local editorial independence.

The IFJ, which is the world's largest journalists' group, says that media concentration and the

creation of powerful media corporations is potentially dangerous to independent journalism. "The CanWest vision of modern media is one in which the twisted values of the media market always come first and where there is contempt for traditional journalism," said Aidan White.

CanWest has slapped gag orders on newspaper reporters in the group and this has been extended to CanWest Global TV operations across Canada. TV newsmen have been told that reporters are banned from taking part in editorial protests that have occurred at two of the company's newspaper outlets—the Montreal Gazette and The Leader-Post in Regina.

Four Leader-Post reporters were suspended for five days last week for talking to outside media and another six were given letters of reprimand after they withdrew their bylines in protest over an incident of censorship at the newspaper. Management at the Leader-Post censored a story to tone down criticism of CanWest for pulling articles by some of its columnists who expressed views the company did not like. The workforce is represented by The Newspaper Guild of

Canada, an affiliate of the IFJ.

"If this had happened in eastern Europe 15 years ago there would have been widespread protests from media owners and journalists' group," said Aidan White. "The issues today are no different - the fight for editorial freedom and protection from censorship. What has changed is that the threat comes from within the media community itself."

CanWest has refused demands by The Newspaper Guild to withdraw the disciplinary action against the ten staff in Regina. The issue is going to arbitration. "The company has no shame," said Aidan White, "it should withdraw all disciplinary actions, and all forms of intimidation and keep its hands off journalists' work."

The IFJ represents more than 500,000 journalists in 103 countries.

Board of Directors Meeting

Monday March 11th, 2002
By Dawn Ewing

On March 11th, 2002, George Brown College's Board of Directors came together for their monthly meeting. A number of issues were brought to the table by acting Speaker, Amrit Bains.

The first issue discussed was the increase of George Brown College's (GBC) ancillary fees. GBC Vice-President, Eugene Harrigan spoke on the increase being tabled at the April 10th, 2002 GBC Board Meeting. The proposed tuition increase is 2% per year over the next 5 years.

An increase in Co-op fees was also discussed. Executive Director, Wayne Poirier mentioned student complaints he had received regarding the Co-op opportunities provided by the College. The general consensus was to attain exact figures describing the success of GBC Co-op programs. Also slated to increase is the mandatory materials fee. That amount is yet to be determined.

The next item discussed was both the Athletic/Student Leaders Homecoming and the Alumni Reunion. Homecoming will consist of a weekend of events on an undetermined date in October. The weekend will begin with a "welcome" boat cruise on Friday evening and continue with various activities (TBD) throughout the weekend.

The Alumni Reunion, which takes place every 5 years, will be a non-formal event on April 26th, 2002, from 7pm to 10pm. The evening will take place in the St. James Campus Student Lounge. The GBC Student Association will contribute to this event by waiving the cost of the lounge, opening up the pool tables, and providing each person with 1 drink ticket. In past years, the Student Association (SA) has paid for T-shirts at an approximate cost of \$2,500.00. This cost is currently being researched. The Board would like to see both of these events finalized and passed before the new student leaders come in.

Bruce Kilpatrick, VP

Casa Loma, has put together a proposal for a "Safe Walk" program to present to the college for funding. The preliminary budget for the program is \$106,140.00. More information about the proposal is available from VP Kilpatrick.

Nursing Representative and Ambassador Program Commissioner, Vanda Matos, spoke to the board regarding the Ambassador Program. The need for additional commissioners was discussed. VP Kilpatrick brought forth a motion to appoint Larry Bowman to the position. After some discussion, Larry Bowman was appointed to the position and will work closely with Commissioner Matos to improve the program.

Student Services Manager, Clare Bermingham, was present at the meeting to discuss the outcomes from the Dialog focus group that was held on February 19th, 2002. For a copy of the outcomes, please see the SA.

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Contributions

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Editorial

Why are we such couch potatoes?

by Sharen Barker

These days, we hear a lot of comments that North Americans are too overweight for their own good. McDonald's is happy. Why kill the golden cow? People are happy when they can enjoy their favourite foods, and then suddenly become unhappy when they see their favourite foods hang around them too much, particularly in the torso and leg area. What happened here? I'm sure our ancestors, like homo erectus 500,000 years ago, were in fine shape from hunting and gathering and carving up stone tools and soapstone carvings to present to their new governor-generals.

Then came agriculture, and suddenly the newly rich and powerful could flaunt their extra pounds of weight as servants busily hustled about for them. How many ancient paintings and sculptures portray happy, large women and how many portray thin, sad women? Suddenly, we came into the 1960s, and thin, gaunt models and stars are our idols, while in poorer parts of the world, people are thin not to be fashionable but because they're starving. How can these contrasting images be? Surely, there must be a happy medium

where people don't have to be extremely thin as a sign of being poor or popular, nor do they have to be extremely overweight as a sign of wealth or lack of exercise, barring those who have natural tendencies to be overweight. Perhaps, one day, Canadian society will be more balanced in its physical appearance and concepts of weight.

It's often said that people are too chained to their computer and desk and don't exercise as much as they should. Children too are having these problems. Well, if this is your malady too, then there is hope for you. It is true that computers lurk behind many closed doors at George Brown College, but it is also true that when you soar to the sixth floor of George Brown, you can see many wonderful devices that will make you think twice about those digital chains. Enter the weight room at George Brown, and voila, you are given a chance to redeem your computer-weary eyes at the door for an adrenaline and muscle-stretching glow.

Some of you may be thinking, "You must be joking! I'm not going to a weight room and use sweaty machines with hormone-laden dough boys leering about and tossing weights like Frisbees.

In reality, there are a lot of averagely built people going there. And I used to go once or twice a week, and it really does make you feel better to give your muscles a bit of a workout, and just to move about, instead of sitting down in one spot as when you read or watch TV.

After you do some of the weights, it feels like you've just had a relaxing massage and a dip in a hot tub. It's kind of a high. But I'm not taking free weights. I'd be walking with my knuckles grazing the sidewalk if that were the case. Just the weight machines. And there are great step machines, walking machines, stationary bicycles and rowing machines, not to mention that new machines have come in this fall. If you like flexed arm hangs, there are bars for that too. You can get more details in the Sports Corner.

You may think, "Forget it. I can't afford to join." There's a surprise for you, because you've already pre-paid in your student fees. Why waste your money by not going? You fill in a short questionnaire, saying that you won't work out too hard when you're pregnant, especially if you're a guy! You have to take a blood pressure test to prove that you're alive

and kicking, and then, you're in!

You can also use the gym. I had fun shooting hoops and playing badminton. You can participate in sports with your friends, or join an organized intramural or varsity team. There are lots of great teams such as basketball, volleyball, indoor soccer, ball hockey, badminton, skiing and baseball. Okay, so there's no skiing in the gym. There are also recreational programs, such as aerobics, tai chi and tennis. When colder weather keeps you inside, and you can't rollerblade or ride your bike, why not go inside and get that fitness high? There are showers and lockers so you'll leave smelling like a freshly-picked daisy.

If you don't want to be a Twigg or a wealthy Venus, drop by the sixth floor and go for that sleek Cougar look. You'll have more energy and prevent back, neck and joint problems that might come from a lack of exercise and growing older. So work out, sit up straight and think and feel young!

Sharen Barker is a Collective alumna and former Editor.

“

We are the students of George Brown College committed to supporting each other in the struggle for student rights, the pursuit of quality education and the provision of services in a safe, accessible and equitable environment.

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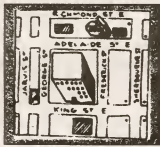
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There are at least two sides to a story and the Dialog Collective strives to allow all people to freely express their opinions. As a forum for diverse viewpoints, it is the responsibility of the Collective to make sure that our policies are fair and also appear to be fair, that we are impartial as well as appear to be impartial.

We encourage everyone to write letters for publication on the Editorial page. Concerns or congratulations about content should be addressed in writing or e-mail as a Letter to the Editor.

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The Fairness Commission is designed to allow readers to be able to access a fair and unbiased medium where concerns about content accuracy can be addressed. We are eager to make corrections when applicable, but it is normally not our policy to publish corrections as a result of typographical errors nor will we repeat errors in the correction. So readers can easily find any corrections, it is our policy to publish them on page three, or the

Editorial page.

In the case of a complaint, please deal directly with the Fairness Commissioner. The Fairness Commission is an independent body that mediates between concerned readers and the Dialog Collective. Members of the Collective are asked to refer fairness concerns directly to the Commissioner, and until a concern is resolved, the Dialog and the Dialog Collective will not comment on the matter. The Collective will cooperate with the Commission during its investigation and will accept the Commission's decisions as binding.

The Commissioner for this year is Albert Lee. Albert is a graduate of the University of Toronto and has worked in an editorial position on two student newspapers on campus. He is completing his post-graduate work at GBC in the Human Services Counselor program.

Please contact Albert Lee directly at:
gotabeef@canada.com or call 416-415-2900 ext. 89537.

Ageism: A Barrier to Employment and Advancement

by Allan Stokell

The company proudly advertised that they were equal opportunity employers. Their diversity committee glowingly showed off their rainbow of skin colours. Their oldest employee was 45. When he was fired, he shrugged and went looking for another job. That job was three years in coming. The shrug cost him \$100,000. Stories like this litter the internet, like catfish litter the bottom of Lake Pontchartrain.

Today many older employees are

taking a more radical stand. "If they fire me, they had better show just cause," says Michael. At 55 he works with many younger employees. In the last five years, as employees many years his junior have advanced, Michael has received a demotion. His evaluations never reflect the reality that exists within his company.

Although Michael's employers say his job is secure, he knows better. In the last five years he has taken extra courses at a post-secondary institution and managed to use those skills in his job. "I've

seen this company fire older competent employees, just to re-hire at a lower wage scale," says Michael.

Kathryn Jordan, Ph.D., (<http://www.leighhunt.com/images/age.htm>) writes: "The sense of 'ageism' in the workplace is complicated by several closely related themes."

"In every industry, for example, as an individual matures and moves up through increasing levels of responsibility the number of positions suitable for the next step decreases proportionally. There are fewer jobs as you move up the career ladder. This is one reason why mid-level and senior executives find a job search so difficult, and why it can take as long as a year to find the next suitable position after leaving a job."

"There are fewer jobs in the middle to upper levels. In addition, employers tend not to hire employees who are obviously over qualified for a position. They believe over qualified workers will most likely not be long term employees, and it does not enhance the corporation's efficiency or bottom line to have turn over and downtime between employees."

"A second closely related theme is tied to change and experience," says Jordan. "It is well known employers want to hire people with directly related experience in their workplace. The underlying thought is the individual who has performed the particular function before, will become 100% productive more quickly in the new setting. While many older employees have experience, they may have been involved in job functions or career fields that are no longer in demand in a rapidly changing economy. If the skills of mature workers are no longer current, the individual comes to a job search without the benefit of directly related experience and competes on the same plane as the recent graduate."

How to avoid looking over the hill

1. Shave years off your looks - get an evaluation from a salon and dress shop about your make up, hair and clothing. Or if you are a male, get an evaluation from a barbershop and a men's clothing store. You may be putting out signals that are not necessary and may shave years off yourself by looking as up to date as possible.

2. Downplay dates on your resume - go for a functional resume that highlights more of your accomplishments than your dates of hire. Yana Parker has some great suggestions for functional resumes on her Web site (www.damngood.com) and in her books.

3. Continue to learn new skills - show your willingness to stay up to date by taking further training. If you are currently taking more classes, you will demonstrate your ability to be a life long learner.

4. Look for work through your contacts - Richard Bolles reminds us of the value of this in this interview with Fast Company (www.fastcompany.com). You'll be apt to get a better reception if you meet potential employers through a referral network.

5. Be seen as an expert in your field - If you can be visible by writing or speaking, do so. The more you rise to the top of your field, the greater the chances that your age will become a non-issue. Look at management gurus such as Peter Drucker who is still going strong in old age. No one questions his age or his ability to do his work.

6. Stay physically fit - there is a distinction between biological age and chronological age. If you

live up people who were born in the same year, you will see people who have aged gracefully and those who have not. Chances are those who look older are people who have not exercised continuously nor have been careful about their diets.

7. Transfer expertise from one field - if you have developed a reputation in one field such as marketing, look for other fields who can profit from your knowledge. What start up organizations would give their eyeteeth to have someone with your seasoned abilities on their team?

8. Seek professions where a bit of gray is expected rather than reviled - consultants are generally drawn from the ranks of "seasoned" people whereas computer programmers are often expected to be young and malleable. If you are changing careers especially, be aware that older fields are friendlier to older people.

9. Get to know younger blood - sometimes people become outmoded because they choose to spend their time solely with people from their own age group. This behavior can be very limiting. The wider the range of people with whom you spend time, the more receptive you will be to new ideas.

10. Embrace computer skills - let's face it - computers are here to stay. The more you know your way around them, the better. If you don't know all that you need to, demonstrate your willingness to learn more computer skills.

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Dialog Appreciation Week



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Penelope Hyde-Smyth

It's going to be a week to
remember!

March 25 to 28 is
Dialog Appreciation Week.
The idea behind this
special week is to show
our workers and
volunteers the respect
they deserve and to invite
back former alumni so
they can share stories and
ideas, and a whole lot of
fun.

Former editor Edwin
Huang and others will be
returning to the scene of
their crimes to share
memories of the year
they shared duties with
Maribelle Bacod.

Each day the Collective
office will be full of
smiling faces. They won't
be talking because there
will be so much free food,
there won't be any time
for gabbing.

Members from
Hospitality will make sure

the food keeps coming all
week.

Other members of the
College community are
being asked to write short
notes of appreciation for
George Brown College's
student community
newspaper.

dialog

Community members
unable to attend are
requested to e-mail their
regards to
dialog@canada.com

There will be lucky draw
prizes held during the
week also. Prizes include
CDs, a portable radio
shaped like a computer,
watches and a clock.
Each year Collective

members participate in
our student community.
The Student Association
have an Awards Banquet
each year for student
volunteers and
employees. This year the
banquet will be held on
Thursday, April 18, 2002.

Collective members
expressed interest in
having something Dialog
specific as this year the
group of volunteers and
part-time employees has
really come together.

This year we have had
many great challenges
and without exception our
members have been up to
the challenges presented.
Currently there are more
than seventy names on
our e-mail list and we are
hoping all these people
and more drop by for the
fun.

See you between
10:00am and 2:00pm,
March 25-28, 2002.

SOME DATES TO REMEMBER

March 25, 26, 27,
28, 2002

**Graduation
Photos at
Nightingale
campus**

Friday, March 29,
2002
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CLOSED**

Friday, April 5,
2002
**Deadline for
Graduation Issue
of Dialog**

Got A Great Teacher?

Student Nominations being accepted for the Crystal Apple Awards

Nominations are now being accepted
for the 2nd annual Crystal Apple
Awards. These awards are presented
to full-time professors teaching at The
City College - George Brown to
recognize the significant commitment
teachers make to ensure students are
motivated, challenged and inspired to
reach their fullest potential.

College Foundation, Room 536E on
St. James Campus.

The deadline for nominations is
March 29, 2002 so don't delay!

If you have questions about the
Crystal Apple Awards you can call the
GBC Foundation at (416) 415-2063.
Or look for the platinum posters on
each campus.

Do you have a current
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- prepare a short essay (1-2 pages)
outlining a) the qualities this teacher
has shown and b) how you have grown
as a learner from knowing this teacher
- drop-off or send your nomination
form and essay to the George Brown



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Malcomson, School of
Health Sciences; Chef
Ian Gallacher, George
Brown Chef's School;

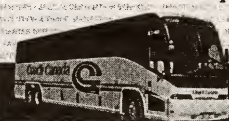
Marianne Marando, Faculty of
Business and Creative Arts; Sue
Brown, School of Hospitality &
Tourism Management; Doug LaPorte,
Faculty of Technology and Judy
Ercolino, Faculty of Community
Services & Health Sciences.

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dialog

ENTERTAINMENT

by Stephanie Feltham



Oliver Schroer - Restless Urban Primitive

This Toronto native mixes some fine fiddling with a knack for telling a story. The tracks take the listener on a journey from Turkey to Norway. The best feature of this album is the notes the musician included. They lend the listener a greater understanding of Schroer's musical vision. Without them, Restless Urban Primitive would be like your little sister's interpretive dance recital. You're pretty sure it's good, but you don't quite get it. However, when one reads the explanation to "The Hymn of Wondering Souls", the tune is put into context.

The artist's ability to capture any musical theme is amazing. "Scheherazade's Tongue" has a distinct Near Eastern feel, while "Let the Bells Ring Out" is defiantly Scandinavian.

If you're looking for something a little different, and are a big fan of fiddle instrumentals, check out Oliver Schroer's Restless Urban Primitive.

Kitchenmusik - Arc

Yet another local band, these boys are former students of the

University of Toronto's jazz program. Arc has an interesting mix of instruments with cello and flute rounding out the more traditional guitar/drums/bass band. Of course, the flute is nothing like the shrill devil-stick you remember from high-school band. This is mellow and sweet, adding dimension to all the tracks. At times musically complex, and at others deceptively simple, Arc showcases five artists immense and exceptional talent.

The vocals are a bit weak, and uninteresting. I get the sense that they're trying to be intellectual. It's as though these kids sat down with a Thesaurus and tried really hard (too hard?) to be important.



Kitchenmusik ARC

There is a lot of musical experimentation going on in this album...

The Matt Osborne Band - Man versus Concrete

This artist also hails from Kitchener-Waterloo. His tunes are catchy and sound like something you'd hear on the radio. The album has a good mix of upbeat and thoughtful, heavy and bluesy. I'm reminded of the Bare Naked Ladies subject matter while listening to Matt's lyrics.

He swings from light and

whimsical with I Want a Girl With Glasses, to dark and cynical with I Wanna Be the Mayor. Many of Matt's lyrics seem to have their basis on a deeply personal level. However, this doesn't mean that he doesn't approach all his songs with a great sense of humour.



Matt Osborne is an extremely talented guitarist with a large vocal range. Crashin' Down Blues show his strength as a blues musician.

Songs from this album are always getting stuck in my head. Matt Osborne is easy to listen to and so far, hasn't gotten the publicity he so obviously deserves.

Craig Cardiff - Happy

This is Craig's fourth album, and is a mixture of old and new tunes. For those of you not familiar with Craig, he's been likened to a folkie Dave Matthews. His sweet, raspy voice delivers lyrics with such vulnerability, the listener believes and feels every word. The quality of this CD is rough, one example being the intensely loud accordion on the second track. However, this hasn't kept this CD from taking up near-permanent residence in my CD-player. It is only edged out by two of his other albums,

Great American White Trash Novel, and Judy Garland, You're Never Home.

Craig writes from his experiences and that is what makes his music so real. The lyrics in "That Band" are self-mocking and funny... "drinking as much as the fishes and the whales, we watched the opening act, and they kicked our ass... all of their gear worked and none of ours did, and I wondered what I did to deserve this."

A mix of whimsical (Jokes), and serious (Dance Me Outside, which deals with Native American issues) show Craig's diversity of material. He also does a haunting rendition of Cindy Loper's Time After Time.

This album follows a line of great work. It is a solid addition to the Canadian music section of your music collection.



The Proclaimers - Persevere

You'll remember this band of Five-Hundred Miles fame. They're defiantly not a one-hit wonder and this album of catchy tunes with driving drums and tight harmonies make that very clear. My superficial reason for liking this album is the fact that these boys don't lose their cute accents when they sing.

However, it does make songs like Everybody's a Victim hard to take seriously, although the subject matter of this song is in no way amusing.

There's a good mix of jig-like tunes and smooth ballads delivered with fiddle and accordion that make this album a good listen from beginning to end. A Land Fit for Zeros shows a great deal of cynical humour while Scotland's Story is a historical lesson that will help you sound intelligent at any Robbie Burns celebration.

There is a fair amount of cheesy lyrics throughout the album, but they do show versatility in song styles. This album is, simply put, a lot of fun. If you were a fan The Proclaimers before, Persevere doesn't disappoint.

The Candidates - Meet the Candidates

This band from Cambridge reminds me vaguely of Sloan. The flavour of their tunes is rocky and pretty main-stream. The album is filled with lots of heavy rock-guitar, and predictable drums. In fact, most of this album sounded the same. The one saving grace was the lead singer's raspy, often spoken vocals...



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WE ARE THE REASON LIFE WORKS

You're Worth It! An article about Self Esteem

By Cicely Burnett

What makes an individual beautiful? Is it their looks? The clothes they wear? Personality or winning smile? Or does an individual's body size determine their beauty? Ask ten different individuals and you will receive ten different responses. Society has had an ongoing war with its perceptions of beauty (Pressley, 2002, pg. 1).

Many individuals believe that body image is only an issue for individuals who are not stereotypically thin or who have an eating disorder. The truth is it has more to do with how you see yourself. How you describe your body, how you think, feel and behave towards your body all works to create your own personal image. (Munro, 2001 pg. 1)

In our society there are both women and men who think they are fat, or believe they are ugly. Many individuals struggle daily with discomfort, shame, and embarrassment about their bodies. However, despite the societal pressure to look thin, an individual can change how they feel about themselves without dieting. One way to start is to become aware of any negative thoughts you may have about your body. Pay attention to when you have these thoughts, how often they occur, and what you say to yourself. See if there is a pattern. Recognizing a pattern can help you become aware of things or situations that contribute to feelings of shame or embarrassment about

your body. (Munro, 2001, pg. 2)

Another way an individual can change their perception of their body image is by having confidence in themselves and learning to appreciate what they see in the mirror. Self-acceptance is a very powerful force because once you truly love yourself then you can begin to identify the beauty that lies within you. (Pressley, 2002, pg. 1). Many individuals in our society, especially women, focus on changing their bodies. What they really want is to feel differently about themselves, i.e., feel confident, sensual, attractive, light, graceful, elegant and sexy. (Munro, 2001, pg. 3).

Anyone can feel good about himself or herself at any size, shape or body weight without having to focus on being the perfect Barbie size. By focusing on what really makes you happy or unhappy, then you will be able to take one concern at a time and begin to make the changes you feel would be necessary to improve your self image. Keep a journal, set goals for yourself, develop a plan of action to achieve these goals and most importantly know why you have set these goals. Remember to always follow through with your goals because a plan without action is worthless!

Finally visualize or imagine yourself the way you want to feel about yourself. Don't focus on how you want to look, but how you want to feel. Focus feeling graceful and sexy and notice what it's like to feel this way. How do your actions

reflect your feelings? How do you interact with other individuals when you feel attractive? How does this affect your level of confidence? (Munro, 2001, pg. 3)

Surround yourself with positive individuals. Discontinue relationships with individuals who are judgmental and negative, or narrow minded people who would belittle your confidence and self-worth. Take time for yourself. Solitude is empowering. It is an invisible place in your heart where you will be able to listen to "your essence". Your body will communicate with you. (Pressley, 2002, pg. 2).

I believe that there are many things that make an individual beautiful, such as being healthy, generous, caring and most importantly self-accepting. I recently asked two students of George Brown College what self-confidence means to them. Here is what one student said, "As a woman, self-confidence means the ability to be financially, emotionally and physically independent, and having self acceptance, and being able to break down the glass ceilings of a corporation". The second student said, "Look around at healthy women in your life; people you see, that is a real view of body image; look outside of magazines and what is presented to you in the media, work on the inside and the outside will follow".

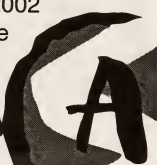
Take a good look in the mirror. Be proud of who you are and what you see. Say out loud I AM WORTH IT!

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URBAN LEGENDS

Web Legends II—just when you thought is was safe to go surfing!

By Greg Parnetti

Revelation 13:16-18:

And he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name.

The Internet was abuzz last year, with news that multi-billion dollar company Global Monetary established Web presence to promote its plan for implementing "a proprietary global system of exchange, customer tracking and profiling."

Appearing out of nowhere on August 17, www.idchip.com offered volunteers \$250 apiece to accept microchip implants in their right hands as part of a "cardless ID system" enabling members to "purchase everything without the need of cash, check or even a credit card!"

Reactions in Usenet discussion groups where news of Global Monetary's existence first broke, ranged from amusement to hysteria. "The fact that this ID is implanted in the right palm is particularly disturbing in light of the Biblical prophecy in Revelations," wrote one correspondent in a message cross-posted to half a dozen Christian newsgroups. "The end times are closing in quickly," warned another. A skeptic in alt.bible replied: "Relax. It's a joke. The Website is just too amateurish to belong to a \$5 billion corporation."

Joke or not, by the close of its first 48 hours of existence, the

Global Monetary site racked up over 10,000 visitor sessions. 100 people had filled out the ID chip application form and submitted it. According to Global Monetary's General Manager, hate mail was pouring in from "hysterical Christians and privacy

Teterboro, NJ 38,640 cans of "decomposed fish product" re-labeled as tuna for human consumption. All canned foods are sterilized during processing so the tuna wasn't dangerous, the agency said [the] cans were part of the original 20 million recalled

to seize the cans. One complaint came from Darlene La Musga of St. Paul, Minn., who opened a can, took a bite, then prepared to make tuna salad. "I went to pull off the label and I saw there was another label underneath," she said last July. "It said 7th Heaven

tabs attached after opening. Even then, people removed the tabs and brought them to a Reynolds Aluminum recycling center, only to find the sum of their efforts much less than they had hoped...no dials and much less money than if they had brought the cans that were originally attached to the tab.

There was nothing they could do, and nothing we could do...

Until Now. There are corporations in North America who have started their own recycling campaign. After countless numbers of pull tab recycling misunderstandings, Reynolds Aluminum Recycling Company (RARCo.) and the National Kidney Foundation (NKF) affiliates and chapters have initiated this "Keep Tabs on Your Cans" turnaround drive. For the location and schedule of the (Reynolds Aluminum) recycling center nearest you, simply call (toll-free) 1-800-228-2525, or for more information write the National Kidney Foundation, Inc., 30 East 33rd Street, New York, New York, 10016. Perhaps there is a like minded campaign in your area.

Next time someone asks you to donate a few pull-tabs for a good cause, donate a few facts instead. You'll be doing everyone a favour. These are just a few of the hoaxes I find listed on a great web sight called "Urban Legends and Folklore. Check them out at www.urbanlegends.about.com and don't be fooled next time.

"Many well intentioned yet misinformed groups and individuals collected pull tabs to find there is no pull tab/kidney dialysis donation program"

enthusiasts who thought it was for real."

It wasn't.

Tainted Tuna

Its 2002 and we're still alive. Most people got the message, some are still checking tuna labels. There was discussion about "woman removes tuna label from can, finds cat food label underneath".

However, it turns out to be true, it happened in July 1991. While looking through the Toronto Star March 24, 1992, I came across a story by John Devereil under the headline "Tainted tuna sold for humans 7 years later". For copyright reasons I won't post the whole thing, so here are some excerpts...

Canada's most famous cat food, the tainted Star-Kist tuna, is still being eaten by people. US federal agents seized [in

to the Star-Kist cannery in St. Andrews, NB, in 1985. [It closed down the same year, reopened in 1988, and closed again in 1990.]

Rejected by inspectors from Canada's Department of Fisheries and Oceans, David Bevan, director of Canada's fish plant inspection branch, said "no Canadian and no Canadian cat has to worry about that stuff. There's none in the country." Several million cans of the substandard tuna were exported to the 7th Heaven pet food company in Houston, Texas, on condition that it not come back to Canada in any form. [But someone relabelled some of the cans.] Tuna labels were pasted on top of cat food labels.

A recall ordered after consumers in Minnesota and Wisconsin complained in July wasn't effective. So FBI decided

cat food. It gagged me and I threw up in the wastebasket."

Keep Tabs On Your Cans

This program might have a familiar ring

False rumors have plagued the aluminum industry and the National Kidney Foundation for years concerning beverage can pull tabs and kidney dialysis.

Across the nation, word has spread that aluminum can pull tabs can be recycled in exchange for time on a kidney dialysis machine. Many well intentioned yet misinformed groups and individuals collected pull tabs to find there is no pull tab/kidney dialysis donation program. It never existed. Anywhere.

In some instances collection of pull tabs has been difficult because many cans now have a device called Stay-On-Tab(TM). A design improvement cans to keep

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DIVERSITY, EQUITY, PROGRESS

George Brown College Wins diversity award

By Amanda Burell

Culture Link, has announced winners of their Toronto's Commitment to a Diverse City Awards. George Brown College won their award in the Institution or Commercial business category.

In a press release CultureLink Settlement Services of Toronto stated "George Brown College is a local leader in offering inclusive access to post-secondary educational opportunities, committed to further building its own internal and external capacity-for-diversity."

The 2002 AWARDS review panel members were Debbie Douglas (Executive Director of the Ontario Council of Agencies Serving Immigrants), Rick Sin (former Executive Director of the Chinese Canadian National Council-Toronto Chapter), Arnold Minors (organizational consultant and human rights/equality advocate), Terezia Zoric (District Wide Coordinator - Equity, Toronto District School Board), Kashfia Iqbal (student/CultureLink board member)

Toronto's Commitment to

"Diverse-City" Awards 2002 are to be presented at CultureLink's 4th Annual ALL OUR RELATIONS Dinner and Dance on Friday March 22 - 7:00 pm, at the Lithuanian

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Steve Rockwood Rocks Fran Hill Gallery

by Tiffany Sallai

Steve Rockwell can be seen at the Fran Hill Gallery, which is located at 230 Queen St. E. from March 7th - 30th. He is an astonishing artist who uses many installations, and a series of pictures to either tell a story or combine together pictures, even if they are not actually as one in one picture. In all of his pictures displayed in the gallery use a four colour spot treatment where the picture has been divided up into four and broken down using different colours. This element of design is very effective, and the repetition of using this element in twenty or so pictures makes the gallery consistent yet unique. Personally, I have never seen this kind of art before which makes it visually stimulating. There is one painting that has stuck out in my mind more than any of the rest and that was a 24"x18" portrait style, mixed media painting on paper, of a mother who is naked with her legs spread open showing the viewer the full frontal view of the vagina, the umbilical cord is still attached to the baby, who

is resting all curled in a little ball on the mothers stomach. One of the quotes of this painting is "What am I going to do now?" Meaning, the baby is confused about where they are and what are they going to do not knowing anything about the world or who or what they will become in their entire existence of life. This painting is very meaningful and a true statement of reality. The spot colours used on this piece are touching and powerful. Which makes the viewer look deeper into the portrait, even though it is realistic.

The exhibit is very graphically stimulating, there are many colours and inspiring art pieces that many individuals will enjoy. I suggest that anyone who is interested in a series of photography that is captivating and enjoyable to the eye, to go see it.

If you want any information on the gallery the email address is franhillgallery@sympatico.ca

NEXT MEETING OF THE DIALOG COLLECTIVE IS ON Thursday, March 28, 2002 11:00am Lucky draw, food, fun, alumniists



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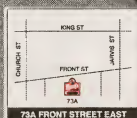


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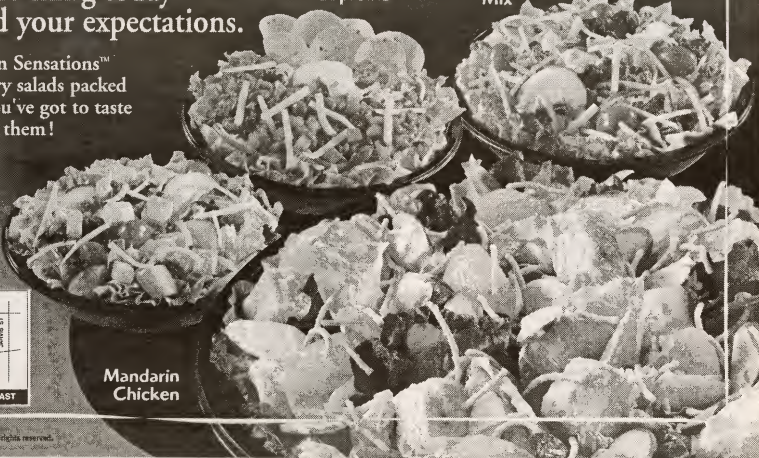
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Sisterfest 2002. A Hit

by Shawna Jones

When I was asked to write a small piece reflecting on Sisterfest 2002 I was filled with dread. What in the hell am I supposed to say? I'm still trying to figure out why I thought it was a good idea to hold the festival all day. While other thoughts descended like anvils in my brain. Thoughts like, "what was so wrong with Black and White posters? They're cheaper" and, "I had no idea green and white could be considered four separate colours!"

The point I'm trying to make is, two weeks after the festival I'm still kicking myself for making a lot of bad decisions. So this piece will reflect my personal experience planning Sisterfest 2002.

Deciding to advertise the Speakers who appeared at Sisterfest one week before the event to the general school population was a bad decision. I now realize that most of the people who would have appreciated learning from these inspirational women were either in class or on another campus and only saw Sisterfest 2002 posters two days before the event.

For this, I apologize to Dale Hall our Human Rights advisor who had a small audience of four people to show the film "Speakers for the Dead". I'd also like to apologize to Pam Doyle and Maureen Hynes. Pam Doyle is a wonderful person and a dedicated teacher and I appreciate her gesture of being there even if the audience wasn't.

Maureen, thank you for being there twice. I'm sure an audience would have learned much and been empowered from being at either your daytime seminar on Worker's Rights or from your reading of Rough Skin and Harm's Way for the evening program. But hey, your exhibit on Worker's Rights that is in the main entrance this year is very informative and we can always buy your books! I wonder if I'm the only one who didn't know how much respect your work receives internationally.

U of T professor, Irene Wiecek also came to speak at Sisterfest. Irene is redesigning U of T's MMPA program. She is also the co-author of Intermediate Accounting. If you are currently taking the second year Business Accounting course then you are studying from her book. She was supposed to speak about "Financial Reporting and its Links to Finance & Strategy". Irene said she would be willing to do a future seminar so if you're interested in attending one you can send an E-mail to shawna137@hotmail.com

Thanks to all the vendors who appeared at Sisterfest: the Interval House, Sunnybrook and Gizze's Pink Braided Wishes for updating us on important issues facing many women. I'd like to thank Gizze again for bringing the freemans.

Thanks to all the women who performed in our Evening program and to Tricia Robb who helped organize the events in our Student Lounge. We had some excellent performers here for the evening program. Maureen Hynes reading from her books Rough Skin and Harm's Way, Kim Doolittle Mc'd the evening. Kim performs weekly at Healey's (Bathurst/Queen). Salome Bey also performed for an intimate audience of around 30 people. Tuku (Salome's daughter) performed as well. She is a fantastic singer and I think she'll be the next in her family to get a Grammy! MuchNews recorded all of the evening performances and I hope it helps lead Tuku and MuchNews' newest



videographer Jennifer Hollet onto bigger and better things. Thanks to Denise Matthews and the Brandon Street Choir for their fabulous performance. Chick's Dig it! Thanks Chocolate, Sara Scruton, DJ Dalia and Tish. Thanks as well to DJ Jo who came back by popular demand.

Thanks to Thea Gill for appearing. I believe you had the largest audience! The LGBT centre and its Rainbow Group members talked your ear off and you loved every minute of it! I have my regrets for not having anticipated more obstacles than I did but I will never, ever regret the process that put me in touch with so many fantastic, intelligent and strong women!

I also learned a lot about the really beautiful hearts who are in the LifeWorks Centre (Room 165B), Women's Centre (159A) and the Dialog office (167B). They pulled together and made sure this festival happened. Even though it was crazy and had many conceptual flaws they allowed me the "right" to be crazy and have some authority (a scenario all too common in our world), they supported my choices. Much love to Sharon Kamassah, the manager of our Lifeworks Centre, Sharon, you put crazy to paper and because of an amazing team things moved like clockwork! (With some help from my Dad and many

more).

Sisterfest is a celebration of women. Each year one woman or many women organize events that allow the students of George Brown College to recognize the reasons we have for celebrating women. We have many examples of strong women among our George Brown community and in other colleges and Universities across Ontario. We need to recognize them to let them know how important they are to empowering all of us, male and female. There are so many reasons for so many different people why these examples should be raised up for all to see.

I need to apologize to the deaf community of our College for not making Sisterfest 2002 accessible and if it's any consolation (although that would be kinda scary) I have let myself down too.

The good part is, in keeping with the spirit of Sisterfest, I've learned lessons that will help me continue to strive for better performance and achievements in my future endeavors. Thanks to everyone who helped to make that possible. And thanks for the fun! Can't wait to see what next year's festival holds!

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